



Critical Days of Summer



Outdoor/Team/Extreme
Sports



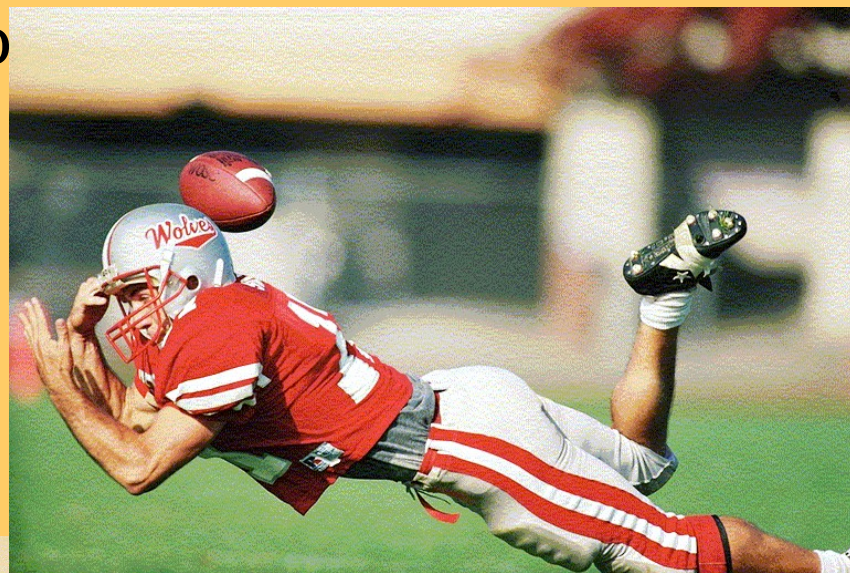
**Brought to you by:
The Naval Safety Center**





Sports resulting in the most injuries

- ★ Basketball
- ★ Softball and Baseball
- ★ Football





Sport Injury Causal Factors



- ★ Lack of forethought and physical preparation before participating
- ★ Inexperience
- ★ Not using proper protective equipment
- ★ Alcohol consumption before or during participation



These all are human errors and together account for 80 percent of injuries !



Safety Tips



- ★ Protection: Have and use required safety equipment.

- ★ Warm up with appropriate exercise before starting.



- ★ Use a check-off list for your sport to be sure you're doing everything safely.

- ★ Have plenty of water to drink.

- ★ Never go alone. Always let someone know where you're going and when you plan to return.



- ★ For outdoor distance sports, know the weather forecast and plan accordingly.



Sports Participation



- ★ Get a pre-participation exam if necessary.
- ★ Participate in group or extreme sports according to skill level and size.
- ★ Have an emergency plan in place or qualified medical representative nearby in case something goes wrong.
- ★ Don't overextend yourself – know when to decline participation or when to stop.
- ★ Don't mix alcohol consumption and sports.



Heat Exhaustion vs. Heat Stroke



- ★ **Heat exhaustion** is the body responding to excessive water ***and*** salt loss through perspiration. Elderly people and those working or exercising in a hot environment are most prone to heat exhaustion, which, if untreated, can lead to heat stroke.
- ★ **Heat stroke** is when the body is unable to control its temperature: the body's temperature rises rapidly, the perspiration mechanisms fails and the body cannot cool itself. Heat stroke can cause death or permanent disability if emergency treatment is not given.



Heat Exhaustion Symptoms



- ★ Heavy sweating
- ★ Paleness
- ★ Muscle cramps



- ★ Tiredness
- ★ Weakness
- ★ Dizziness
- ★ Headache



- ★ Nausea or vomiting
- ★ Fainting



Heat Stroke Symptoms



- ★ An extremely high body temperature (above 103°F, orally)

- ★ Red, hot, and dry skin (no sweating)



- ★ Rapid, strong pulse

- ★ Throbbing headache

- ★ Dizziness

- ★ Nausea



- ★ Confusion

- ★ Unconsciousness



Myth Busters



★ **Myth:** Eating or drinking sugary foods or liquids just before competition is an excellent source for quick energy.



★ **Busted:** Sugary foods consumed before competition ***do not*** provide quick energy. Most energy used for competition or practice comes from foods eaten days before the event and that were stored as muscle glycogen or fat.





Myth Busters



★ **Myth:** Drinking water during an event causes cramps and an upset stomach, and it slows the down an athlete.



★ **Busted:** Even ice-cold water ***does not*** cause cramps or an upset stomach in most athletes. In fact, it is inadequate fluid intake that can cause cramps and slow athletes down.





*Work, Play, Live ...
Safely!*



Naval Safety Center
www.safetycenter.navy.mil

